

WHAT IS CLAIMED:

1. An arrow rest for use with a bow, the bow comprising a handle and a bowstring, the arrow rest comprising:
 - (a) a support structure configured for mounting on the bow handle;
 - (b) an arrow support arm operably connected to the support structure, the arrow support arm movable in relation to the support structure from a relaxed position to an actuated position in a non-pivotal, non-rotational manner;
 - (c) a connection means for operably connecting the arrow support arm to the bowstring and for moving the arrow support arm from the relaxed position to the actuated position; and
 - (d) a biasing means for moving the arrow support arm from the actuated position to the relaxed position.
2. The arrow rest according to claim 1, wherein the connection means is a cord.
3. The arrow rest according to claim 1, wherein the biasing means comprises a spring, and the arrow support arm is connected to the spring.
4. The arrow rest according to claim 1, wherein the support structure comprises:
 - (a) a first support structure configured for mounting on the bow handle; and
 - (b) a second support structure attached to the first support structure, the arrow support arm moveably connected to the second support structure.
5. The arrow rest according to claim 4, wherein the second support structure is moveably attached to the first support structure.
6. The arrow rest according to claim 1, wherein the support structure comprises:
 - (a) a first support structure configured for mounting on the bow handle;

- (b) a bracket attached to the first support structure; and
 - (c) an arrow support structure attached to the bracket, the arrow support arm moveably connected to the arrow support structure.
- 7. The arrow rest according to claim 6, wherein:
 - (a) the bracket is laterally movable in relation to the first support structure; and
 - (b) the arrow support structure is vertically movable in relation to the bracket.
- 8. The arrow rest according to claim 1, further comprising a vibration dampening system.
- 9. An arrow rest for use with a bow, the bow comprising a handle and a bowstring, the arrow rest comprising:
 - (a) a support structure for mounting on the bow handle, the support structure comprising a first structure, a second structure, and a third structure, with the third structure laterally and vertically movable in relation to the first structure;
 - (b) an arrow support arm movable from a relaxed position to an actuated position in a non-pivotal, non-rotational path of motion; and
 - (c) an actuation system operably connecting the arrow support arm to the bowstring for moving the arrow support arm between the relaxed position and the actuated position.
- 10. The arrow rest according to claim 9, wherein the actuation system comprises a biasing means and a connection means.

11. The arrow rest according to claim 10, wherein the biasing means moves the arrow support arm from the actuated position to the relaxed position and the connection means moves the arrow support arm from the relaxed position to the actuated position.
12. The arrow rest according to claim 11, wherein the biasing means comprises a coiled spring connected to the arrow support arm.
13. The arrow rest according to claim 12, wherein the coiled spring is centrally supported by a guide rod.
14. The arrow rest according to claim 12, wherein the arrow support arm is positioned at a first location on the guide rod when in the relaxed position and at a second location on the guide rod when in the actuated position.
15. The arrow rest according to claim 9, wherein the second structure is laterally movable in relation to the first structure, and the third structure is vertically movable in relation to the second structure.
16. The arrow rest according to claim 9, wherein the third structure comprises a recess to accept the arrow support arm when in the relaxed position.
17. An arrow rest comprising:
- (a) a first support structure, a second support structure, and a third support structure, the third support structure laterally and vertically movable in relation to the first support structure;
 - (b) a guide rod centrally positioned in a coiled spring, the guide rod connected to the third support structure;
 - (c) an arrow support arm movably connected to the third support structure from a relaxed position to an actuated position along the guide rod; and

- (d) an actuation system for moving the arrow support arm between the relaxed position and the actuated position, the actuation system comprising the coiled spring.

18. The arrow rest according to claim 17, wherein the second support structure is laterally movable in relation to the first support structure, and the third support structure is vertically movable in relation to the second support structure.

19. The arrow rest according to claim 17, wherein the coiled spring moves the arrow support arm from the actuated position to the relaxed position.

20. The arrow rest according to claim 17, wherein the actuation system further comprises a connection means to move the arrow support arm from the relaxed position to the actuated position.